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Spring 2016

## The Chronicle Spring 2016

Lander College for Men

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# THE CHRONICLE

THE OFFICIAL NEWSPAPER OF LANDER COLLEGE FOR MEN

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## LinkedIn or TunedOut?

By: Shlomo Satt

I RECENTLY CONDUCTED A social experiment on LinkedIn. I would like to pursue psychiatry as a career, and I noticed a psychological aspect of LinkedIn that interested me. When I first started adding connections to my account, I only connected with people I knew. I noticed almost everyone responded with a connection, but still I only had about 50 or so connections. The fact that some people had 500+ connections seemed to me as proof of their success; they were upstanding in their field and therefore knew many people.

However, I wanted to challenge that notion, to see if it was true. I began sending connection requests to every person who was on the "People You May

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## What's New at LCM?

By: Dean Moshe Sokol

MUCH HAS TRANSPIRED over this academic year. We were blessed with a record College

enrollment; our night seder program was enhanced with the appointments of Rav Fishel Schachter and Rav Eli Mansour; we were delighted to announce that Rabbi Aryeh Lebowitz will join us as a full-time magid shiur next year; and we've all benefited from an invigorated student club effort. We are currently engaged in searches to appoint new biology and accounting professors, and are also seeking to make an appointment in actuarial studies, all crucial fields. Our students continue to do remarkably well in placements to graduate and professional schools, and in finding positions

after they graduate.

Those of you who attended the Town Hall meeting on March 15 with

Mr. David Raab, Executive Vice President of TCUS, and Mr. Matt Bonilla, Vice President, will know that major changes are upcoming in all student services, from financial aid to registration, scheduling to bursar, access to student records, and much more. The new state-of-the-art Banner system will streamline and render much more transparent your "business" dealings with the College, reducing hassle and stress, and giving you more time to spend on what really matters during your years at Lander. As a member of the Steering Committee that oversaw this huge project for TCUS, I am personally very excited by the benefits it will bring, although no doubt the rollout will bring its own challenges too.

I also wish to remind you of the new Jewish Studies minor we introduced this year.

You may now aggregate the many Jewish Studies credits you earned while learning in Israel and while at LCM into a formal academic minor in Jewish Studies. This is an asset in applying for admission to graduate and professional schools or when applying for a job, and requires not much in the way of additional courses beyond what you will already have taken. Details are posted around campus, but if you have any questions you can check in with Dean Ratner or myself.

Finally, I wish to reiterate that I welcome your suggestions for improving your experience at LCM. While we have grown and developed in countless ways over the years, there is always more we can do, and your perspectives are of the greatest value. Please share your ideas with me, by e-mail or, better yet, by meeting in person, and we'll continue to do whatever we can to make LCM an even stronger institution than it has already become.



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## Making Your College Experience Great Again

By: Daniel Gabay

AS MY TIME AT LANDER COLLEGE for Men comes to end, I can't help but reminisce about my short time at the place I call home, school, yeshiva, work, and camp all at once. This was the building I learned the mundane to the profound: from the look of snowfall to the complexities of human behavior. I learned to jump through the complex Touro hoops of finding the bursar at the correct time, and the less complex hoops of getting puppies during finals week. I felt the emotions of success after an A, and the emotions of disappointment after a failing grade.

As a senior, freshmen often ask for "survival tips" to get through their time at the college, making it seem as if the small sheet of course requirements is a bigger obstacle than the visitor check-in process at the security desk.

But as I look back to the beginning of my learned love for Lander College, I know that my

great experience began with friendly smiles and by taking initiative to create the college experience I wanted to have. I became an active student by joining the student government; I voiced reasonable concerns to those who have the ability to change them; I got a close friend to create a (awesome) Psychology Club with; I developed close relationships with the Lander faculty who eventually guided me toward fun/fulfilling internships and graduate programs.

For many of you, your time at Lander College will be the last point in your life when you will be surrounded by friends, fun experiences, the ability to learn anything, and a supportive Jewish environment. This environment is arguably the most conducive environment for students to grow as individuals and intellectuals.

So, for the freshmen who read this article during the enormous registration line dur-

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## TouroOne: A Revolutionary System

By: Matt Bonilla, Vice President for Student Administrative Services

OVER THE PAST TWO YEARS, the Touro College and University System has been working to redefine the student service experience. Consider the dozens of cumbersome administrative tasks that take place each semester; our goal is to provide an industry-leading experience that streamlines these activities and enables students to focus solely on their academics and personal lives. To accomplish this, the institution made a multimillion dollar investment in a brand new, state-of-the-art enterprise resources management system (ERP). This new system, TouroOne, has been honed over the past twenty-two months to provide the finest experience to support student success. TouroOne will allow students to manage their entire academic portfolio from a single online location, accessible 24/7 from any device anywhere in the world. Designed for simplicity and ease-of-access, the system

empowers students by providing dynamic access to critical functions such as billing, payment plans, financial aid, grades, transcripts, advisement resources, and more, all in one location. With one system, TouroOne effectively synchronizes the entire structure.

An effective structure requires intelligent,



proficient and helpful support, and we are proud to have introduced TouroOne NONSTOP, a revolutionary solution center for any questions regarding academic life at Touro. Rather than searching for the right department and going through the typical college 'run-around', TouroOne NONSTOP is committed to orchestrating timely and complete

solutions through a friendly and responsive user experience. TouroOne NONSTOP provides support across all Touro programs for financial aid, registrar, bursar, admissions, and advisement as well as any IT, HR or general inquiries or issues that may arise. This is not a helpdesk of "we're-so-sorry" and escalated tickets; this is TouroOne NONSTOP, a personal support team dedicated to student success. Visit TouroOne NONSTOP at [help.touro.edu](http://help.touro.edu).

Over the course of the next few months, we will be activating single sign-on access to all major applications within the TouroOne system, including a brand new portal, email, and Blackboard. Stay tuned for further details as we approach the completion of this momentous project, through which we will truly give meaning to the improvement, achievement, and success of our student experience.



## Diversity at Lander: Fact or Fable?

By: Shlomo Laufer

TO MOST STUDENTS, 'DIVERSE' is not the first word that comes to mind when describing Lander College for Men. The student body consists of Jewish men who, for the most part, come from relatively similar backgrounds and share relatively comparable experiences. Yet, there is a clear sense of individuality and uniqueness that pervades the halls. Everyone retains his own distinctive identity while still contributing to the overall culture of the college.

A couple of months ago, I was eating lunch, when a friend of mine began to recount a phone conversation he had the previous night. He received a call regarding a recommendation for a shidduch and was asked if he could describe a typical guy who goes to Lander, "Lander Guy." He thought about the question but realized that he would be unable to give a proper answer. He could not describe even a few categories of students. Everyone is so different, it would be improper to put anyone into a box.

This is not just a coincidence or some new phenomenon. This is one of the key aspects

that has defined LCM since its inception. As a member of the Office of Alumni Affairs, I had the opportunity to be involved with the annual alumni shabbaton. During this year's alumni shabbaton, LCM hosted a multitude of "Lander families" - that is, alumni from each graduating class along with their families. There was quite a heterogeneous mixture of people who made their return to Lander. The attendees sported a wide array of external appearances and behind that, a broad representation of all *hashkafos hachaim*. Everyone merged together to form a unified group and was eager to share and reminisce about his experiences and memories of days at Lander. Even the recent graduates were able to have a discussion and relate to those from the past graduating classes and glean valuable advice about their entrance to the workforce.

Some time ago, we were privileged to hear inspiring words from Nouriel Eshagian. Nouriel recounted his first days at Lander and how anxious he was when he started. He didn't know many people coming in, and he was nervous about entering a new environ-

ment. Nouriel told us how, on his first days, he was welcomed by many of the older talmidim in the beis medrash. Experiencing that first welcome gave him a feeling of comfort, and allowed him to make LCM his home for the years to follow.

In Lander, people don't have to be the same. People look different and think differently. People express different opinions on politics, religion, and everything else under the sun. Everyone feels comfortable to be an individual, yet everyone who attends LCM is part of a larger unit. Everyone works together to make all who are here comfortable and at home, regardless of their backgrounds or ideas. The ability to retain a personal identity, while at the same time being able to accept the individuality of others, allows help to be found and disseminated from all sources, leading to success from all corners of our institution.

## New Sephardic Program at Lander

By: Dan Bamshad

THE UNIQUE PRACTICE OF mesorah preserves Judaism. Our different traditions and customs link us to our heritage and connect us to our ancestors. Lander College for Men initiated a very unique Sephardic Program to foster this connection to the Sephardi mesorah. The program includes weekly shiurim given by Rabbi Eli Mansour and Rabbi Avraham Soleimani.

Although each day at Lander College is jam-packed, it is not surprising that talmidim attend both of these shiurim. Many attend Rabbi Mansour's weekly Tuesday night shiur, which focuses on halacha and hashkafa, and is followed by a Q&A session. The talmidim always look forward to Rabbi Soleimani's "Late Night Shiurim" on Monday and Wednesday nights. The Monday-night shiur focuses on Halacha Berura and the Wednesday-night shiur focuses on the Ben Ish Hai's insights on the parasha. Rabbi Soleimani feeds both our spiritual and physical appetites. His shiurim are accompanied by meals featuring spe-

cial Sephardic treats such, as kibbe, sambousak, Moroccan cigars, and pastries with tea. Rabbi Soleimani also gives a special shiur on Thursdays after Mincha on Ohr Letzion, an intense Sephardic mussar sefer by Rav Ben

Zion Abba Shaul.

This new Sephardic Program has brought together the Sephardim at Lander College for Men, making us feel like a close family. We have already had our very first Sephardic Shabbaton, which was hosted by Rabbi Soleimani. The Shabbaton was an inspiring event. The Friday night seuda was filled with Divrei Torah, Sephardic z'mirot and cuisine. Rabbi Avraham Nissanian, Rabbi of Congregation Shaare Tova, also joined us for the meal and answered our halachic questions.

We at Lander College feel very lucky and privileged to take advantage of this amazing program and the weekly shiurim that are offered. If anyone wants to take part, Sephardi or Ashkenazi, just come to the shiurim, and you're in!





## Lessons from the Corporate World

By: S. Ronald Ansel

I'D LIKE TO SHARE A FEW of the lessons I learned in my 25 years of experience working at JPMorgan Chase, a global financial services corporation. While I learned many lessons working at JPMC, a few stand out as the most important, and they will definitely be valuable to students at LCM. Three lessons come to mind.

First, it was incredibly valuable to have a coach/mentor. My coach was someone who understood the corporate world and what I was trying to accomplish professionally and personally. He was trained to have an objective point of view and to listen deeply for what is and what is not being said, creating an environment of personal and professional growth. He filled the role of coach as a person who could hear a corporate/personal situation and help me sort out the options without making the decision for me.

The second lesson I learned was the value of self-knowledge, i.e., knowing your

strengths, values, and personal goals. This fits well with having a coach, because one of the main things a coach does is help their client to discover these elements and actualize them in the workplace. In my case, even though I was considered a technologist, I felt a very strong pull toward working with people. Working with my coach, I managed to change paths from technology to HR, not a common transition. With the help of my coach, I was able to make the transition, and over time I was able to become a workshop developer and facilitator, an executive coach, and an agent of change, involved in developing JPMC's corporate vision and values.

The third, and most crucial, lesson emerged because I was a frum Jew in a very visible role in a fortune 500 company. Being frum was a huge responsibility because I, and, by extension other Jews, were being judged by my actions. I never made my Yiddishkeit an issue, even when my senior manager made

the departmental gathering at his private island on Shabbos, knowing that I could not attend. I worked diligently to make up for the times I left early for Shabbos or Yom Tov. I took vacation or personal days, not sick days, for the Yomim Tovim. I knew my every action was being observed: from the way I dressed and spoke, to the expenses I submitted, and the way I conducted myself at corporate, professional, and social gatherings. I was careful to be involved with my colleagues, but not to gossip or engage in off-color jokes. I made certain to treat everyone (secretaries, guards, etc.) with the utmost respect. It is an extraordinary responsibility to be a frum Jew in the workplace, but it is also a great opportunity to play a positive role. Everyone, (Yes, everyone!) will be watching you!

If you would like to avail yourself of a coaching session here at LCM, please contact me at [ron.ansel@touro.edu](mailto:ron.ansel@touro.edu).

## LinkedIn or TunedOut?

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Know" list that LinkedIn suggested. Surprisingly, even people who I did not know in the slightest accepted my connection. Out of all my requests, two people responded that they only connect with people they previously know. I gained connections, and I quickly had upwards of 500 connections. I became #1 in my industry in profile views! I had the highest profile view rating out of ninety-nine others. My profile views were up 1,567% from the previous week! Granted, I do not know what LinkedIn means by industry, but that is a side point.

I titled this article the way I did because of one simple question. Am I really connected to you? Probably not, at least based on percentage. Yet I have 500+ connections! So is a LinkedIn connection an accurate barometer of how strong my influence is in the professional world? I say absolutely not. A LinkedIn connection is merely the potential to create a connection with that person. I can send a message or collaborate with others much easier if I am connected, but the word "connection" is misleading.

There was another aspect of LinkedIn that I found to be dishonest. LinkedIn gives its users the ability to have their skills endorsed. Logically, endorsements should mean that other people recognize a particular skill that

the user possesses. That is not the case. I received many skill endorsements from connections who don't know me. Also, some of my endorsements are in skills that I do not retain. For example, I have three endorsements in psychotherapy, two of which are from people



I do not know. Also I am not even trained in psychotherapy. Another example is my most endorsed skill: psychology. Out of twelve people who endorsed that skill, I only know six of them. Are these true endorsements? No.

I also discovered that the metrics for rating LinkedIn accounts are skewed. On LinkedIn, there is a rating feature called SSI, Social Selling Index. The index is basically a scale that evaluates the effectiveness of profiles. According to that measure, I established my brand, found the right people, engaged with insights and built relationships. I hardly think I did any of that. During the time I was rapidly accruing connections, I didn't even write one solitary post.

I have a solid hypothesis for the misinter-

pretation of LinkedIn profiles. The nature of LinkedIn is unlike Facebook or Instagram, where people post private details about their lives. LinkedIn is a professional network, so people generally don't post about their private lives. Therefore, when I get a connection request, I do not hesitate to accept, because there is not much for me to lose; there is only potential gain. Endorsements are similar to this: If I get endorsed for a skill, it will not degrade my profile, so I let it be, even if it is a skill that I do not possess. In the beginning, I also endorsed skills of others that I didn't know because I figured that I may as well, I won't be hurting them. I also had a positive motivation to do so because many times endorsements are reciprocal. I have found that people endorse those who endorsed them.

From my limited experience with LinkedIn, I have discovered many misrepresentations. A LinkedIn connection is significantly different than a regular business connection, and skill endorsements are not what they seem. Therefore, I venture to say that while LinkedIn may have what to offer, such as volunteer opportunities, it is not an accurate evaluation of employees or professionals.



## Antiviruses and You:

### A Brief Glimpse at Your Computer's Last Line of Defense

By: *Simon M. Feder*

CHANCES ARE, YOU HAVE a personal computer of some sort, and chances are, you want to keep that computer running smoothly. Be it a laptop or desktop, Windows or Mac, your machine is delicate and vulnerable to attacks that will slow it down and limit its potential. Therefore, you need to protect your computer from malicious software, or malware, to keep it in peak condition.

The only surefire way to guarantee that no malware can infect your device is to keep it a closed system—that means no connections of any type to other devices. Today, however, cutting yourself off completely is impractical at best. Fortunately, you don't have to isolate your computer in order to protect it.

One of the simplest ways to defend your computer from malware attacks is to exercise safe browsing habits when using the Internet. You should note, however, that not even safe browsing habits will protect you entirely from dedicated attacks; this is where antivirus programs pick up some of the slack.

Some people erroneously believe they don't need antiviruses, mistakenly citing various reasons that they think they are unique and invulnerable to virtual attacks. Some will say they don't need an antivirus because they don't visit any dangerous websites. To put it (very) simply, every website is dangerous, and should be treated as such (there are more nuances to this, but they are beyond the scope of this article.) Others will say that they are nobody, and there is no reason for bad actors to want their personal information. These people are wrong. It doesn't matter who you are; you are a target. There are some who would say that they have Macs, and it's impossible to get a virus on a Mac. No, it really isn't.

The most prevailing misconception leading to a dearth of antiviruses is that Win-

dows has a built-in antivirus. To put it bluntly, no it doesn't. Microsoft itself has admitted that Windows Defender (the antivirus bundled with Windows 8 and 10) does not adequately protect the user's system.

There is absolutely no reason not to have an antivirus. Antiviruses will protect you from online threats that manage to break through your safe browsing habits. Even more so, competent antiviruses will protect your machine from infected devices connect-

available) secret programs that guard your computer absolutely that are only known to a select few. A well-known program will be subjected to far more rigorous testing, whereas obscure pieces of software may be subjected to a less-than-desirable amount of testing. Moreover, a popular scam among bad actors is to disguise a piece of malware as a "legitimate" antivirus, convincing users to install the Trojan and infect their computers, while supposedly cleaning and protecting the devices.

Rule two: check the tests. There are four well-known and well-regarded independent antivirus testing labs that you should consult when choosing an antivirus, each with its own perks. AV-TEST Institute, considered by some to be foremost in the field, tests the quality of protection, performance, usability, and repairs of each antivirus put before them. West Coast Labs provides real-

time test results and, therefore, the most up-to-date scores. Virus Bulletin provides an average report of its last four test results for an antivirus and a summary of the last five reports it has available. AV-Comparatives offers a wider variety of different tests. Make sure that your antivirus scores well in these tests. Otherwise, get rid of it.

But what features should you look for in an antivirus? First and foremost, your antivirus should have a high potency; an antivirus program means nothing if it can't do the job it's meant to do. Having a weak antivirus can lead to a decrease in productivity, as your machine will slow down and require frequent cleanups. Your antivirus should also have a low overhead. Some commercially available security programs will slow weaker systems to a complete crawl. Make sure that your system is capable of running your prospective antivirus without a noticeable drop in speed before you pay for it.



ed to it. Exercising safe browsing habits will keep you relatively safe from online threats, but they do nothing for threats that you expose your computer to from local devices. That is why you need a goal-line defense to protect your PC.

#### HOW TO PICK AN ANTIVIRUS

In an attempt to future-proof this article, I won't give you a recommendation for any single antivirus program. Instead, I will teach you how to pick an adequate antivirus for yourself, either today, tomorrow, or even years from now.

The most important thing to do when picking an antivirus is research. Research whichever software you are interested in, while following two basic rules, and you'll have a good antivirus on your hands.

Rule one: stick to known programs. The general rule of thumb for antivirus software is that if it is good and works well, it will be well-known; there are no (commercially

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## Retirement Planning is NOT for Old People!

By: Dr. Kenneth S. Bigel

RECENT STUDIES INDICATE that “millennials” will be working well into their seventies. If social security still exists then, it is unlikely to provide adequate retirement income; it doesn’t today in many cases. There can be no doubt that it is important to save for retirement. The questions are, first, *when* should one start, and, second, *how*?

Well, to put it into numbers, it seems that today’s graduates will work at least fifty years. While that may seem foreboding or even ridiculous, it can also be an advantage. Time itself provides the retirement saver with a tremendous benefit. Let’s examine the numbers and determine how much one may have saved, earned, and accumulated in twenty-five years of savings versus fifty years under two simple taxation assumptions: tax deferred and fully taxed. Important to this analysis is the fact that the average rate of return on stocks for the last nearly century has been about ten percent per year; we will use that rate here.

The two-by-two table below illustrates the amount of money one will have at retirement, given the two sets of possibilities: two savings periods and two tax assumptions. If one invests \$1,000 annually in a tax-deferred ac-

count such as an IRA or 401-k, s/he will have \$1,163,900 in fifty years at 10% per year, but only \$98,347 if s/he saved for the last twenty-five years before retiring.

\$1,000 Contributed to Retirement Plan each year	Future Value 50 Years	Future Value 25 Years
Tax Deferred	\$1,163,900	\$98,347
30% tax paid annually	\$406,530	\$63,249

If one chooses to build wealth outside of a tax-deferred plan, whether for retirement or other purposes, we may assume that there will be an income tax paid annually; let’s call it 30%. The tax will reduce the 10% annual return to just 7%. In fifty years, the saver will have \$406,530 versus just \$63,249. There is a clear advantage to saving early in a tax-deferred account. One not only puts away more savings, but accumulates more earnings – and earnings on the earnings.

There is much that has been assumed in

this analysis. To review, we assumed a certain rate of return, which cannot be guaranteed; one may consider other time/savings periods.

Similarly, we assumed a 30% tax rate. Actual tax rates depend on the individual, the investment and medium chosen, and the political state of tax law. In any event, when one retires and ceases to work, his/her tax rate will surely be lower than whatever it had been.

Further, retirement plans have limited contribution amounts, with IRAs generally confined to only \$5,500 per year, while 401-ks are higher. Here, we only assumed a \$1,000 per year contribution. The future values could be substantially higher for greater contributions. For instance, if you invest \$5,000 per year, you may figure the future values at five times those stated in the table, or theoretically as much as \$5,819,500.

Different qualified retirement plans have different tax, estate, and other benefits, not considered here. With the exception of a Roth IRA, contributions are tax deductible, and post-retirement-age distributions are taxed. None of this will materially change our conclusion: start as soon as possible AND consult with a qualified LCM Finance major.

## Antiviruses and You

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Just like viruses in the body, digital viruses evolve over time. In order to protect yourself from evolving viruses, you’ll need protection that evolves as the enemy does. Look for an antivirus that employs heuristic analysis to combat new threats by learning based off previous known threats. And to maintain the analogy between computers and people, strengthen your computer’s herd immunity through automatic definition updates. Despite the helpfulness of heuristic analysis, sometimes your antivirus does not detect new threats (or even worse, it may deliver false positives). Because of this, antivirus developers are constantly updating both their virus definitions and their software. The updated virus definitions will tell your copy of the software what to treat as a threat, while the updated software will allow the program to more effectively use your machine’s resources and combat anti-antivirus threats. These updates won’t actually do anything if your virus definitions and software are not updated though. Therefore, automatic updates (thereby elimi-

nating the need for user action) is a strong asset for any antivirus to have.

The core of an antivirus’s protection comes from the scanners making up the software. Despite the many scanners available in an antivirus, real-time scanning (or on-access scanning) is the most important type of scanner to look for in an antivirus. Real-time scanning will automatically scan files whenever they are created, copied, or used, and will know as soon as malware is installed. Compressed files, like those in a zipped folder, can occasionally pose a challenge for reliable threat detection. Downloads, especially ones with multiple files in a single download link, will often come in a compressed archive, and compressed malware will only attack the computer once extracted. In order to reliably protect your computer from compressed threats, look for an antivirus that boasts a compressed file scanner. Additionally, your antivirus should include a manual scanning feature. On-access scanning only works (as the name implies) on access, that is, when

files are accessed. This means that if an infected file has somehow managed to find its way onto your system, that file will just be sitting there on your system. Only later, after your antivirus has been updated, will the malicious file be affected when you try to interact with it. Manual scanning will allow your antivirus to find malware that it previously missed and interact with it properly.

That’s really all there is to it. For the end-user, antiviruses don’t have to be an overly complicated or difficult affair. Follow the steps outlined earlier, and you can have a working antivirus set up on your computer in minutes (actual time may vary).

This article has been (heavily) condensed to meet publishing constraints. To read the full, more in-depth article, along with other tips and guides to improve your computer experience, visit the Technology Society subreddit at [reddit.com/r/LCMTechnologySociety](http://reddit.com/r/LCMTechnologySociety).



## Why Do Women Outlive Men?

By: Marc Ganz and Dov Vachss

WHEREVER IN THE WORLD they reside, women live longer than men. According to the World Health Organization, "[t]he gap between male and female life expectancy is greater in high-income countries where women live around six years longer than men. In low-income countries, the difference is around three years." Dr. Thomas Perls, MD, MPH, FACP, founder of the New England Centenarian Study at Boston University and creator of the website LivingTo100.com, maintains that 85% of centenarians are women. Perls notes, "In all developed countries and most undeveloped ones, women outlive men, sometimes by a margin of ten years." Furthermore, Perls adds, "In the U.S., average life expectancy at birth is about 79 years for women and about 72 years for men."

Why is this so?

Scientists have developed many hypotheses for the prodigious age gap between the sexes. Scientists previously maintained that the stresses in the workplace were culpable for this phenomenon.

Because men were the primary force in the workplace, they had to cope with a considerably larger amount of physical stress, which negatively impacted their life spans. However, the current bridging of the gender gap in the workplace serves to disprove that hypothesis. Even though more women are entering into jobs that were previously primarily masculine, the age gap hasn't diminished. Others argue that increased alcohol consumption and smoking, relative to that of women, are responsible for the reduction in men's life expectancy. That, too, is subjected to much scrutiny under the increasing prevalence of alcohol consumption and smoking among women. Furthermore, Thomas Kirkwood, an experimental gerontologist and the director of the Institute for Aging and Health at Newcastle University, writes, "Females of most species live longer than males." Thus, the age gap must be a result of some factor that is shared by the males and females of all species, namely genetic. This article will focus on a few ways in which genetic differences can affect the comparative longevity of the female sex.

### IS IT ABOUT CHROMOSOMES?

Scientists have theorized that women are protected by their second X chromosome. The sex-determining chromosomes can carry genetic mutations that cause a number of

life-threatening diseases, including muscular dystrophy and hemophilia. Genetically speaking, males have an X chromosome and a Y chromosome, while females have two X chromosomes. Since females have two copies of the X chromosome, only one is operative, and the other is inactivated. Therefore, if there is an abnormal gene on one of her X chromosomes, her body can activate the other healthy chromosome instead. Men, however, must express their one copy of the X chromosome even if it is anomalous. This genetic advantage of women became even more pronounced in 1985, when researchers in Stanford University discovered an X chromosome gene that is critical to the repair of damaged DNA. Thus, if this gene is impaired, DNA mutations will accumulate. As the cells continue to replicate, mutations inevitably occur, and if this gene is defected, those mutations won't



be corrected. Such mutations can precipitate the aging process, and since males don't have a spare X chromosome, when such a mutation occurs, it can permanently impair DNA proof-reading.

Additionally, researchers are investigating the female second X chromosome as possibly being a longevity factor of its own. Although one of the two female X chromosomes is inactivated during embryonic development, the second X chromosome appears to turn more active later on in a woman's life. It may just be that some of the genes from the second X chromosome compensate for damaged ones on the first. This would certainly be a considerable factor in women's longevity because, it seems that nearly 5% of the human genome is located on the X chromosome.

### DNA SEQUENCES

Another genetic theory that is currently being researched attributes female longevity to DNA sequences called telomeres. Telomeres are regions of repetitive noncoding DNA. They

play no role in the production of proteins, and they only exist to protect actual coding DNA. Telomeres are necessary, because due to the complexity of DNA replication, enzymes that duplicate the DNA cannot continue their replication all the way to the end of the chromosome. Hence, with every successive replication, the DNA sequences shorten. Telomeres function to ensure that no important coding DNA is lost. If essential coding DNA would be at the end of the chromosome, then with DNA replication, important genes would remain un-duplicated, and the cell would be unable to produce all the vital proteins. Consequently, telomeres exist as expendable DNA. They are present in the DNA only to be discarded to spare coding genes, so as to hold on to important genetic information. As soon as the telomeres are too short, and DNA replication mechanism will not be able to copy all the coding genes, the cell receives a message to self-destruct. This is known as apoptosis. In general, the telomere shortening mechanism limits cells to a fixed number of divisions, and studies on both animals and humans suggest that this is responsible for aging and death. Many studies of DNA telomere length have revealed that between males and females of the same age, the females have an increased telomere length. Thus, these studies have revealed that females age genetically at a slower rate than males, because their telomere lengths allow their cells to live longer.

In conclusion, throughout the world, women live longer than men. Many theories have been proposed by researchers to explain this phenomenon, and while the answer is almost certainly multifactorial, there are several ways in which genetics can assist to effect this remarkable age disparity. The second X chromosome present in females have the ability to substitute for a potential mutated or damaged chromosome. Extensive telomeres, as well, appear to function in the longevity of the female sex. Though further research about these different genetic factors and the contributions they extend towards aging is still required, scientists believe these genetic disparities between the sexes to be breakthroughs in understanding the aging process, and further research in this field will hopefully provide clues as to how both men and women can lead longer and healthier lives.



# Feder to the Editor (a.k.a. the Article of Con-feder-ation)

Glowing praise of our President interspersed with some News

By: Asi Kent

IT'S 5776 HERE AT BEIS Medrash L'Talmud (LCM) and there's a new student government in town. Ruled by fearless, determined Glorious President Eliezer Feder, the tallest member of the SGO, we are here to make this Lander's best year yet. Serving on the cabinet are Vice President Mendy Eisenberg, whose many talents and qualities are as indispensable to the yeshiva as the soap dispensers on the 4th floor (which were his idea, by the way); Asi Kent, the best Treasure Guardian since Smaug; and Secretary Tzvi Malks whose beard and marriage add a mature flavor to the SGO. Hey, upperclassmen, ever wonder why you feel so well-represented this year? That's because the upper-class representatives are Yehoshua Simon, whose ruach and personality make every tisch and havdala much more exciting; and Michael Sher, whose excellent glasses and distinct Toronto accent have recruited over six hundred talmidim this January alone. We have a wide variety of underclass reps. Rep is short for representative. These include Danny Gabay (when he's not meeting with Dr. Sokol) and Gavriel Hashimi (who still owes everyone a free beard-pull). Bringing up the beard ratio is our new underclass rep - and national political sensation - Yaakov Parker. Even after

Yaakov was elected, Feder remains the tallest member of the SGO. As he should.

What we do: Things. What do those things include? Well, I'll tell you. First, under Most Glorious President Feder's sage guidance, we ensure yeshiva life runs smoothly. Simanim on Rosh Hashana, coffee accoutrements in the he- fker room, bagel slicers, and the new system



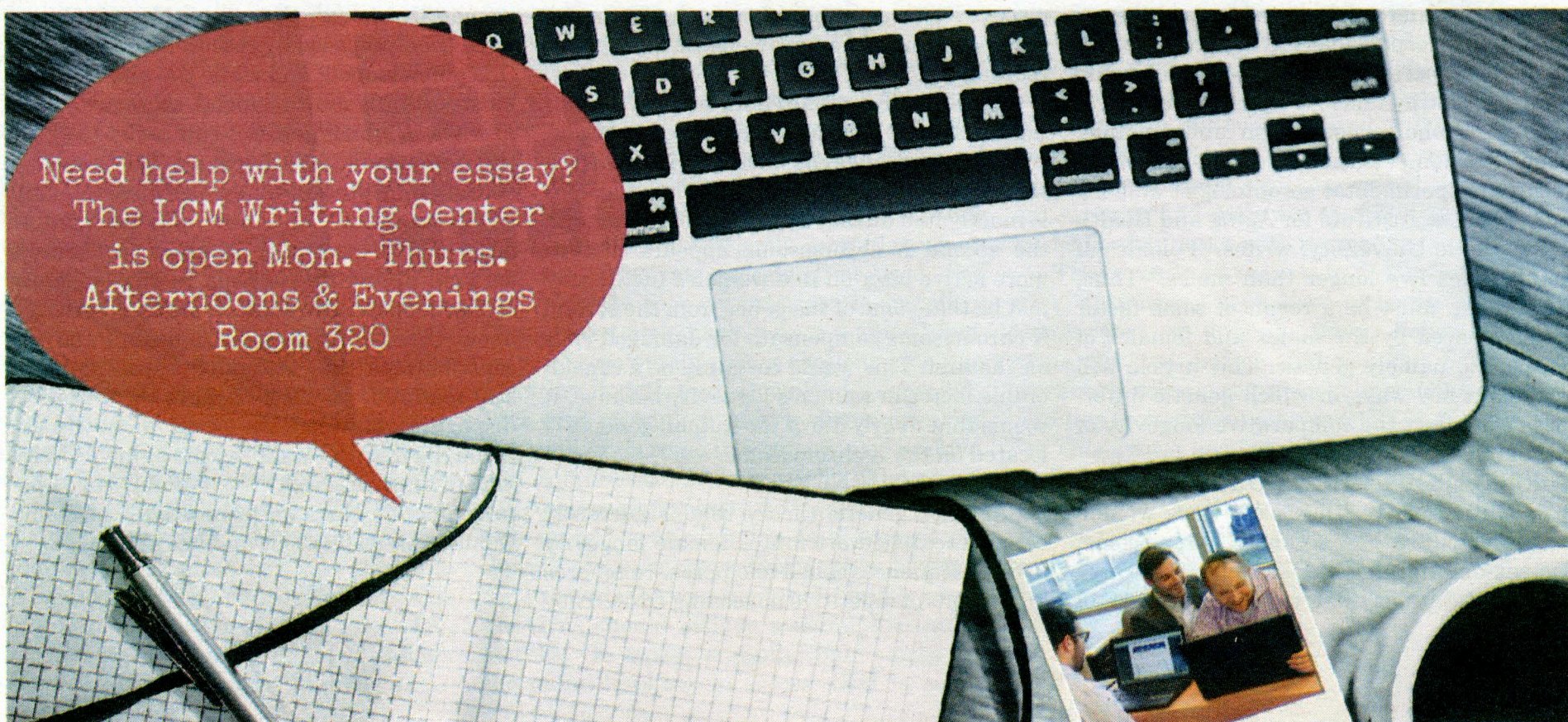
are just a few of the many things we took care of right away. Since then, we've brought in serious entertainment, such as Step It Up, smoothies, the captivating illusionist Magic Mehl, and even Ronnie Baras the hypnotist! Small things abound as well.

Last year, then-Glorious Underclass Rep Feder spearheaded a project to put rubber stoppers on the bottom of the chairs in the beis, so now we can all hear our friends' private בקשות during Shemoneh Esrei. If anyone

had questions, they were answered at the various Q&A's, reverse Q&A's and onegs on the in-Shabboses (Shabb-i?). We've had inspirational mesibas and tisches full of candy, donuts, inspiration and sushi, and we look to have more as the year draws to a close. The various barbecues throughout the year are also SGO-run, so after you thank Hashem for your hamburger, be sure to also thank our benevolent President Feder and our courageous Grill Sergeant (Simon) Feder. We also handle clubs, which are going really well. Pizza and soda abound as students learn about things such as psychology, tefillah and how to build a potato launcher.

The future: It's getting closer and closer every day, but don't worry, we have many plans. Do you want to read some of them? Here you go! We're planning on keeping things exciting all the way until the last day of shiur. More melava malkas, tisches and activities in general; more pizza; more Carlos and Gabby's. We're always looking to shake things up though, so please keep the suggestions coming. Don't hesitate- suggest a bouncy house, a mussar shiur with Gary, anything. The more suggestions, the more meetings we get, which mean more opportunities to look at President Feder, so anything goes. Except puppies.

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# Recidivism: Is the American prison system really doing its job?

By: Yehuda Poll

ACCORDING TO THE BUREAU OF JUSTICE Statistics, the rates of recidivism, the habitual relapse into crime, in 2014 were as follows: 71.3% of violent offenders and 82.1% of property offenders were rearrested for committing a new crime within 5 years of prison-release.

A recent study by Peter Ganong of Harvard University concluded that spending more time in prison leads to lower recidivism rates down the line. Ganong also mentioned that criminal behavior that remains undetected is more likely to have a higher recidivism rate. However, with the recidivism rate for non-violent offenses at 82%, is the prison system really doing a good job?

According to the FBI's 2013 Crime Clock, as well as its current crime analyses, property crime is more common than violent crime. This article will focus on the more frequent, nonviolent offences and recidivism. To fully appreciate the recidivism phenomenon, I would like to look at this through a psychological viewpoint.

It is often thought that crime is committed by the mentally insane, the thrill seeker, the impulsive, the short-tempered, or the addict. However, attributing crime to the mentally unstable would be a mistake. According to a study published by Dr. Jennifer Petterson in the American Psychological Association's Journal of Law and Human Behavior, most crimes do not relate to mental illness (2009). Through the analysis of 429 crimes committed by 143 offenders with three major types of mental illness, only 3 percent of crimes were related to symptoms of major depression, 4 percent to symptoms of schizophrenia disorders and 10 percent to symptoms of bipolar disorder. Clearly, the issue of recidivism rests elsewhere.

According to an earlier study conducted by psychology theorist Marvin Zuckerman, sensation seekers are more prone to criminal activity. In his book, *Sensation Seeking and Risky Behavior*, he concludes that younger thrill seekers are also more prone to criminal activity as opposed to older sensation seekers. This can be backed up with the data from the Bureau of Justice Statistics: within 5 years of release, 84.1% of inmates who were age 24 or younger at release were arrested, compared to 78.6% of inmates ages 25 to 39 and 69.2%

of those age 40 or older. There is a clear correlation between age and criminal behavior, as well as the tendency for recidivism due to impulsiveness. However, unlike Petterson's study, Marvin Zuckerman does connect psychosis to criminal activity. In fact, he calls the psychopathic persona the extreme of impulsive behavior, and therefore a personality more prone to crime.

However, even Zuckerman agrees that mental illness is not the focal influence on criminal behavior. Psychologists as a whole seem to agree that the majority of influences comes from external stimuli such as peer

prison environment negatively affected both prisoners and prison guards alike. Although his methods are questionable, the undeniable fact that prison is negatively influential is clear. Dr. Burrhus F. Skinner's theory of operant conditioning explains Zimbardo's findings clearly. Skinner proposed that all behaviors are influenced through positive and negative reinforcement. Punishment, however, will not change a behavior. The prison system is designed in a way so that strength is one's only ally. Since prison is home to many thieves, murderers, and rapists, in order to survive, one must often put up with worse attitudes and more deviant criminal personalities. Instead of rehabilitating a criminal, prison not only fails to punish, it also positively reinforces the notion of strength and impulsiveness.

If prisons were to crack down on such notions, and rather, reinforce positive behaviors, the recidivism rate would go down. Instead, inmates should be learning skills such as cooking, art, carpentry, and metal work. While it might be true that some prisoners would try to take advantage of a newfound "freedom," they would quickly be put in line as everyone would be positively or negatively reinforced based on everyone else's actions as a group. This may sound idealistic; however, using the concepts that

Skinner outlined, this type of program could potentially work. Prisoners would be learning skills in jail that can help produce for society whether they are released from prison or not. Prison costs would also potentially be reduced, as the prisons can use the output as revenue for upkeep. There would be less reason for recidivism, if people had a purpose and place in society. While prisons would initially have more work on their hands, the benefits would be greater.

However, some prisons do have similar programs. Why then are we still faced with a high rate of recidivism? The answer to this lies in the inmate reintegration programs. Often, inmates have a stigma that follows them wherever they go. This leads to a tightening of the job market and a rise in need. They are told, without words, "there is no place for you in society." There is however, a solution to this issue.



pressure, need, and perceived benefit.

Looking through a biological lens, Ganong's study shows that the recidivism rate is lowered by additional time in prison, though this might be caused by age. As people grow older, they develop a more mature outlook, leading them to seek out other, less felonious activities. Zuckerman explains that thrill seeking lessens with age. Some psychologists postulate that this is linked to the development and completion of the brain's prefrontal cortex and its connections to the rest of the brain. This allows one to become less impulsive and more mature.

Although the problems discussed above are biological, there are other influences as well. Need is one of the leading factors of crime. Need, however, can be circumvented to prevent recidivism.

Dr. Philip Zimbardo, in his infamous Stanford prison experiment, showed that the

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## Making Your College Experience Great Again

*continued from page 2*

ing orientation, become an active member in your college experience, and it will make the biggest difference in your education and overall college experience. Lander College is small enough to enable students to customize their college experience. Passionate about something? Create a club (not to mention the free pizza provided at every club meeting). Want to take a class that's in the College Bulletin but not offered on our campus? Find four other interested students and the college will probably find you a professor.

To the students who've been here for a while: it's never too late to personalize your experience. Meet more people and go on ad-

ventures (get creative). Also, give the freshmen the warm welcome that you did or did not receive. It can be overwhelming to be a freshman in a place full of exceptionally cool guys (wink emoticon).

The lesson: be an active member of your educational experience, both in and out of classroom; it will be worth it. Second, voice your opinions and be ready to change what needs to be changed. It's better to look back at experiences and think, "I can't believe I did that" than, "I wish I would have done that."

Many students forget to use college as a platform to explore and make the world a better place. College students around the world

are expected to ask questions and explore many subjects during their time. Through questioning, explorations, and passions students develop as experts, activist sand leaders. Some students choose to speak for those who do not have the opportunity to speak for themselves. Some serve the underserved, while others fix the broken. Take your pick. College should not be the place you just check-in, check-out, make your sushi, and get good grades. It should be a place of empowerment, opportunity and celebration. Fellow students, take charge of your life, your college experience, and the world.

## Recidivism

*continued from page 9*

As Robert Woodson said, "Always do what ennobles people." Woodson is the founder of the Center for Neighborhood Enterprise, a program that help residents of low-income neighborhoods address problems in the community, such as violence. One such program is the Violence Free Zone. This program helps to stem violence by providing mentorship, social development, job training, and most importantly, a place in society. By providing these tools, the program helps gang members and other at-risk youths break free of the vicious cycle of recidivistic tendencies and become successful. This program is open to all ethnicities and races.

If prisons were to teach a more positive mindset, and society were to make room for ex-convicts, recidivism would have no place in society. Recidivism might be caused in part through mental instability, however a larger amount of recidivism is caused by need. If prison rehabilitation were different, and focused on positive reinforced values, as well as the establishment of reintegration programs that help ex-convicts get on their feet, the recidivism rates may drop drastically.





# ISIS Exposed: The Exigent Necessity of Annihilating the Islamic State and Its Affiliates

By: Yaakov Parker

ON NOVEMBER 12, 2015, one day before the ISIS-committed Paris terror attacks, President Obama delineated in a press conference the state of ISIS, "I don't think they're gaining strength. What is true is that from the start our goal has been to first contain, and we have contained them." These remarks later had to be clarified by White House Deputy Press Secretary Ben Rhodes, who said that the president was referring specifically to the caliphate's geographic expansion in Iraq and Syria. To quote Rhodes, "They had been on the march in both Iraq and Syria for some time but starting a year ago, we were able to halt that expansion." General Joseph Dunford, Chairman of the Joint Chiefs of Staff, gave a dim assessment when asked during a House Armed Services Committee hearing whether that's the case. "We have not contained ISIS currently," Dunford told the committee. Dunford as well as many other generals feel that the United States and its allies can increase the volume and ferocity of the bomber sorties that are currently fighting ISIS, as well as send troops to obliterate the enemy on the ground. Even Lieutenant General Sean MacFarland, Commander of the Combined Joint Task Force, in Iraq, who is an outspoken critic of the United States "carpet bombing" ISIS, believes that soldiers should be deployed to defeat ISIS at land.

To the more leftist, liberal, progressive, isolationist, or libertarian mind, you may be wondering why such immediate and drastic measures are required of the United States and its allies in order to destroy ISIS. Perhaps the current bomber sorties are enough, or maybe why does ISIS need to be defeated? Perhaps the United States should solely focus on taking out the leaders of ISIS with Special Forces? This article will expose ISIS for the draconian terrorist state that it is. A state which has displaced millions, killed hundreds of thousands, and legitimized the forcible rape of minors and slavery.

We have to understand that ISIS is not merely a threat to Shias, Kurds, Yezidis, and Christians that have the misfortune of being subjugated by ISIS, because they live on holy Islamic soil. ISIS is also a grave threat to anyone who is not of their Salafi and Wahhabi beliefs wherever they are. Bret Stephens, Foreign Policy Editor for The Wall Street Journal, could not make this point any clear-



er. During a speech in June, 2015, Stephens dispels a notion that the Obama administration was perpetuating. This notion was that the only reason the conservatives want to send United States forces to combat ISIS is to preserve the corrupt government in Baghdad that was established during the Bush administration. Stephens says that this notion is utter nonsense, and that there is a different cause for conservatives to want to defeat ISIS on the ground. "The reason why we are concerned about ISIS isn't because of some government in Baghdad, we are concerned about ISIS because it conceives of itself as an Islamist Jihadi caliphate, who's ambition is not simply to topple the government in Baghdad, its ambition is to kill Americans, Western Europeans, and Israelis everywhere."

The primary weapon that ISIS is utilizing to terrorize Westerners is social media. Twitter administrators have said that during the World Cup approximately 45,000 accounts uploaded videos of beheadings into the soccer chat. To avoid being shut down, the ISIS accounts' profiles would be immediately changed, and their profile picture would switch from the ISIS flag to a kitten. This does not simply terrorize the west; it also creates homegrown terror. ISIS has 20,000 foreign fighters, a major inspiration for these

fighters to leave their homes is the Jihadist propaganda that is staring them in the eye on social media.

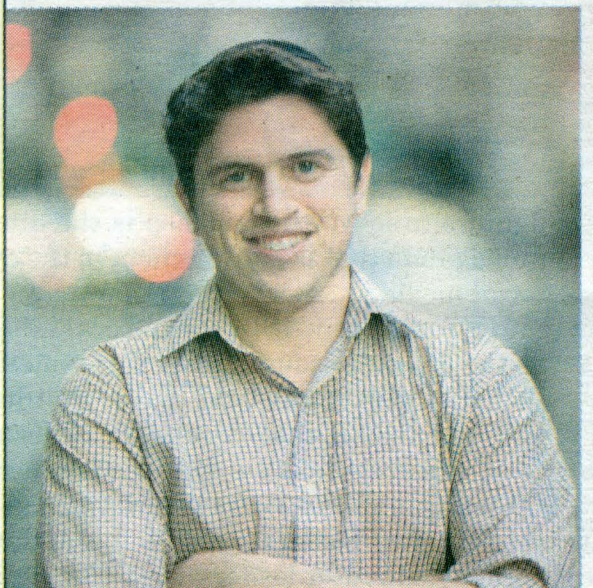
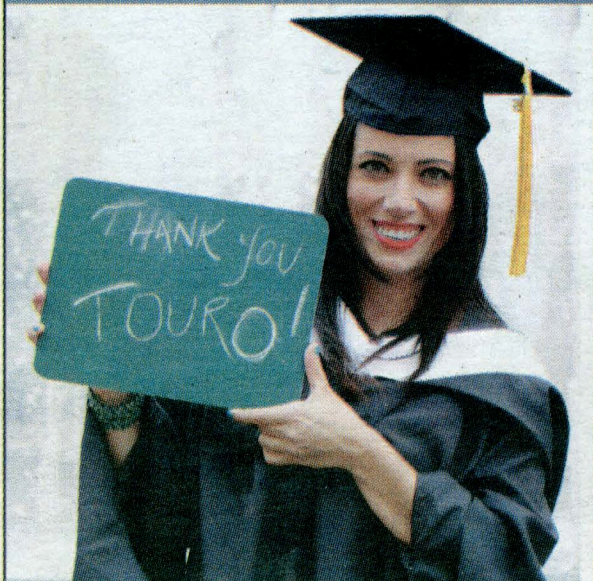
In conclusion, ISIS must be annihilated on the ground because its funding comes from the cities that it loots, the slaves that it traffics, and the oil that it sells. It is not sufficient to merely take out ISIS leaders because throughout the 16 years of ISIS, it has gone through two leaders and has been through periods without a leader at all. ISIS controls a swath of territory larger than Great Britain, and it is a cancer that will only continue to mutate and grow unless it is met with a silver bullet.



Image from <http://images.christianpost.com/full/82940/isis-militants-preparing-to-execute-a-group-of-ethiopian-christians-in-libya-in-a-video-released-on-april-19-2015.jpg>



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